

A stress-free solution to managing stress and anxiety.

Thanks to Included Health, you don't have to manage the stress and anxiety of a new or existing diagnosis on your own. We're here to help without any of the normal hassles of healthcare.

How we can help:

- 1. Find confidence in your care**
Feeling unsure about your diagnosis or treatment plan can be a stressful situation. We can help by finding a leading specialist who can review your care and offer a second opinion.
- 2. Mental health support**
We can match you with an in-network therapist or psychiatrist who can help with stress, anxiety, medication management, and more.
- 3. Preventive care**
Worrying about your health is stressful. Having a trusted doctor can help. We'll find you a high-quality primary care provider for yearly physicals, screenings, and more to help you prevent serious health issues from happening.
- 4. Expert advice**
When you're worried about where to go for care or want someone to confirm your symptoms, you can call a registered nurse for expert treatment advice.

Included Health is available to all eligible employees and their covered dependents enrolled in a medical plan with Lubrizol. To better direct you to resources, Included Health will ask you questions related to your preferences. You can opt out of these questions. Included Health does not share your preferences with Lubrizol.



download the app

Learn more.

includedhealth.com/lubrizol

1-855-431-5532

